

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

August Program Highlights

End of Summer – Indoor Picnic

August is National Picnic Month! Join us for an end of the summer indoor picnic. Enjoy picnic food, making paper airplanes, and playing balloon volleyball.

Date: Tuesday, August 27

Time: 5:30 p.m.

Cost: \$5.00 per person

Picnic – Emmitsburg

The Emmitsburg Senior Center is hosting a picnic for all the Frederick County Senior Centers. Picnic lunch: thin sliced roast beef sandwich, potato salad, cucumber salad, seasonal fruit and brownie. Activities: games, music, fun and fellowship. The picnic will be at the Utica District Park.

Date: Monday, August 12

Sign-up by Wednesday, August 7

Time: 10:00 a.m. – 2:00 p.m.

Cost: \$5.00 (suggested lunch contribution)

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Nurse Steve's talk will be "Is 'age' really just a number? What can I expect after 50? 60? 70? 80? 90? 100?"

Date: Wednesday, August 21

Sign-up by Monday, August 19

Time: Noon

Cost: \$4.80 (Regular meal cost)

Annual Cleaning Day

Volunteers needed for our annual cleaning day. Lunch will be provided.

Date: Friday, August 30

Time: 9:00 a.m. – 3:00 p.m.

Tai Chi

Improve Balance! Improve Strength of Body! Achieve Clarity & Focus of Mind! Gain Calmness & Lightness of Spirit! This 8-week session is taught by Claudia Olson.

Date: Mondays, starting September 9

Pre-registration is required.

Time: 1:30-2:30 pm

Cost: \$24.00 per participant

Ice Cream Day

August includes a number of ice cream/ice treat holidays: Ice Cream Sandwich Day, Creamsicle Day, Spumoni Day and Cherry Popsicle Day. We'll be celebrating with an ice cream day on August 29.

Date: Thursday, August 29

Time: 1:00 p.m.

Cost: \$2.00 per person

Gazing Ball Craft – New Date

Need some new yard art? Gazing balls are a great way to add color and shine to your yard. Bring your imagination to make a one-of-a-kind gazing ball.

Date: Tuesday, August 27

Sign-up by Thursday, August 22

Time: 2:00 p.m.

Cost: \$10.00 per gazing ball

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, August 6 & 20

Time: 1:00 p.m. **Cost:** Free

Date: Wednesday, August 21

Time: 11:30 a.m. **Cost:** Free